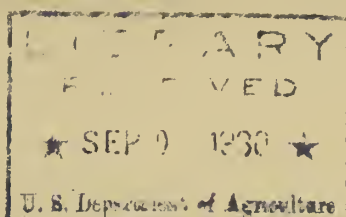


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HOUSEHOLD CALENDAR



A radio talk by Rowena Schmidt Carpenter, Bureau of Home Economics, Department of Agriculture, delivered through Station WRC and 37 other stations associated with the National Broadcasting Company, August 28, 1930.

How do you do, Homemakers:

Just a year ago I brought Dr. Stanley over to answer a great many questions that you were asking about making pickles. With the autumn approaching, questions are beginning to come in again. Yesterday some one was asking for our dill pickle and catsup recipes. Before the season for pickle making ends some of you will want to know about all kinds of pickles; whole, chopped and sliced, sweet and sour, with mustard and without, chutney, chili sauce, and chow chow, -- none of the popular American relishes will have been slighted. Many of you have your own favorite recipes, spiced and seasoned just to suit the taste of your family, because relishes are an acquired taste and we like what we have become accustomed to. But whether you use your own recipes or send for ours, there are a few rules that apply to all picklemaking.

First of all because pickles are made of such watery vegetables some of the water must be drawn out and drained off, or it will dilute the flavor of the vinegar and spices. There are several ways to get rid of some of the vegetable water if sliced or chopped pickles are made. The fresh chopped vegetables may be sprinkled with dry salt and left overnight. The salt draws out water to dissolve itself. The next morning this salty vegetable juice is drained and squeezed out. This is a simple method and a short process, but the color, the flavor, and the texture are not so good as when a brining method is used. We feel in the Bureau that all pickles, whole or chopped, have better color and flavor and are more crisp if the vegetables are put down in brine for several weeks, and then freshened in clear water or weak vinegar before they are made up into pickles. Those of you who are used to starting and finishing your relishes as a day or two process may think at first that this long brine method takes too much time, but after you have used it, you will find that it has real advantages, one of which is the convenience of putting onions, cauliflower, green tomatoes, green peppers and beans as well as cucumbers down in brine when they are most plentiful, and combining them in mixed relishes later in the season when it is cooler and when you are likely to be less busy.

If the idea interests you, I hope you will write immediately for Farmers' Bulletin 1438 "Making Fermented Pickles." You see it takes from 6 to 10 weeks properly cure cucumbers, so it is not too early to start. Send also for our recipes for making relishes from brined vegetables. One recipe that I want to recommend to you especially is called sweet cucumber pickles. It is made from firm dill pickles, sliced and seasoned with sweet spiced vinegar, garlic and olive oil. You can make your own dill pickles for this recipe or can buy commercial dill pickles.

Two special warnings for picklemakers: only the very best materials should be used -- freshly gathered, firm vegetables, pure cider vinegar, and the best quality spices. When whole spices are used it is a very good thing to rinse them off in cold water before putting them in a bag. This gets rid of any little particles which might discolor the pickles. The other warning. If you make chopped pickles by a recipe that calls for heating or cooking, remember that the least possible heating is desirable, lest you cook away the flavor of the vinegar and spices, or wilt, darken, and toughen the pickles.

This is the height of the season for red, ripe tomatoes, so before I talk to you again about pickles you will probably have made ripe tomatoeschili sauce and catsup. Your problem here is one of concentrating the relish by cooking off surplus moisture without spoiling color and flavor. This means rapid cooking. To preserve color, whole spices are used, and they are put in a bag so they can be removed just as soon as the relish is sufficiently seasoned. One special suggestion about bottling catsup and chili sauce: we find in the Bureau if the ripe tomato relishes are tightly corked, and sealed with sealing wax or with a double dip of paraffin, the upper contents of the bottles do not darken when stored.

The time is here to make pickled peaches, too. Our recipe, if you want it, is one of the many I offered you above. Ask for our special recipes for pickles and relishes, and remember to get Farmers' Bulletin "Making Fermented Pickles" before I talk about picklemaking again in two weeks.

And now goodbye, Homemakers, until next Thursday, when Miss Margaret Furry will be with me to tell you how to remove spots from clothing without leaving rings.

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